

1 ABSTRACT OF THE DISCLOSURE

2 An insert for soccer shoes absorbs and store energy from the foot at foot-strike and return
3 some of this energy to the object being struck. The insert may also cushion the foot, leg and
4 body; provide foot stability and motion control; reduce fatigue; extend the float time of a runner
5 and increase the jump height of the wearer. The insert is intended to absorb, store and return
6 energy to the object struck, which would otherwise lost using the existing shoe components and
7 inserts. The insert preferably extends around the periphery of the front of the shoe and extends
8 longitudinally as well from the front of the shoe towards the back of the shoe, at least to about
9 the middle of the shoe, and preferably proximate the heel of the shoe.

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